

weekly menu

Monday, January 25, 2021

Snack: Cranberry and peach oat bar served with milk

Lunch: Shells tossed in a pesto sauce, served with an eggplant and broccoli medley, honey dew melon and milk

Snack: Fresh tortillas served with roasted garlic, red pepper bean dip and water

Tuesday, January 26, 2021

Snack: Alphabet cereal (puffed rice, corn flakes, bran flakes) served with milk

Lunch: Miso and ginger glazed roasted salmon served with wild rice, buttery green beans, cara cara orange slices and milk

Snack: Watermelon served with a yogurt dip, sunflower seeds and water

Wednesday, January 27, 2021

Snack: Whole wheat cocoa waffle served with a maple drizzle and milk

Lunch: Broccoli and cheddar wrap served with black bean and pineapple salsa, apple slices and milk

Snack: Carrots served with edamame and tofu dip and water

Thursday, January 28, 2021

Snack: Plain yogurt served with peach compote and milk

Lunch: Turkey, quinoa and wild rice stuffed peppers, topped with cheese, served with pears and milk

Snack: Cheddar cheese biscuit served with apple slices and water

Friday, January 29, 2021

Snack: Whole banana served with milk

Lunch: Sunbutter and strawberry jam sandwich on bakery-fresh bread, served with cucumbers, melon and milk

Snack: Fruit salad served with pretzels and water

Please note: We cook with onions, garlic, olive oil, salt, pepper, balsamic vinegar, apple cider vinegar, soy products, sunflower oil and lemon

Local Vendors include: WholeG Bakery, Hindinger Farms, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

